

# Western Xpress

## WESTERN DISTRICT QUARTERLY NEWS

June 2006

### **Meet Karonica V. Glover** **Assistant District Manager**

Karonica hails from St. Louis, Missouri. She attended the University of Missouri-Rolla where she studied mining engineering. During the summer of 1994, she worked as a student mine inspector in the Mine Safety & Health Administration's Birmingham, Alabama field office. In the fall of 1994 she worked as a student mine inspector in the MSHA Rolla, Missouri field office under the university's CO-OP program. She returned to her studies in the spring of 1995, and received her Bachelor of Science Degree in Mining Engineering in May, 1997.



**Karonica Glover**

In August, 1998, Karonica accepted a permanent position in Lansing, Michigan Field Office as a Metal & Nonmetal mine inspector. She also worked as a collateral duty special investigator. In October, 2002, she earned

her certification from the International Society of Mine Safety Professionals as a Certified Mine Safety Professional. In December 2002, Karonica was selected as the Western District Safety Specialist in Vacaville, California and in June 2004, she accepted the position of supervisor of the Redlands, California field office. Recently, Karonica was selected as the Western District's Assistant District Manager.

### **The Second Annual Joint Western Region Mine Safety and Health Conference**

The Second Annual Joint Western Region Mine Safety and Health Conference is scheduled to be held at the Marriott Hotel and Convention Center in Mesa, Arizona this year. The 2½-day conference will take place October 24-26. The planning committee has been working diligently to make this year's conference another success for the mining industry and miners throughout MSHA's Rocky Mountain and Western Districts.



**2006 Conference Committee at work**

## **The Greater Northern California Council of the Joseph A. Holmes Safety Association (JAHSA)**



The Greater Northern California Council recently held their bi-monthly meeting in Sacramento. Present were representatives from Syar Industries, Ford Construction Company, Don Chapin Company, Cal/OSHA, Smith Associates, and MSHA. Topics covered included compressed gas cylinder safety and safe stairway construction.

## **The Central California District Council of JAHSA**



A meeting of the Central California District Council met on May 17, 2006 in Pleasanton, California. This council meets in conjunction with the quarterly safety meetings held by the Construction Materials Association of California (CMAC). Participants included representatives from Cemex, Granite Rock, Vulcan Materials, 7/11 Materials, Don Chapin Company, Teichert Materials, Builders' Concrete, Raisch Products, and MSHA.

The Joseph A. Holmes Safety Association is a nonprofit organization that began in 1916 to promote health and safety in the mining industry. It is open to all who are involved with mining including mine operators, mining organizations, labor organizations, and Federal/State governments.

### **A Note from Greg Rachwitz**



Greg Rachwitz

Now that summer is here, Greg reminds us about safety issues concerning the use of power equipment to keep our yards beautiful (power mowers, trimmers, chain saws, blowers, rototillers, etc.). Hearing protection is not just for work; it is for work around the house as well. Power lawn and garden tools are loud and can damage your hearing. A study of power equipment in the grounds department at the Veterans Administration revealed that the above mentioned tools have decibel readings that ranged from 87 to 118 dBA.

So play it safe and wear hearing protection when using your lawn and garden power equipment around the house.



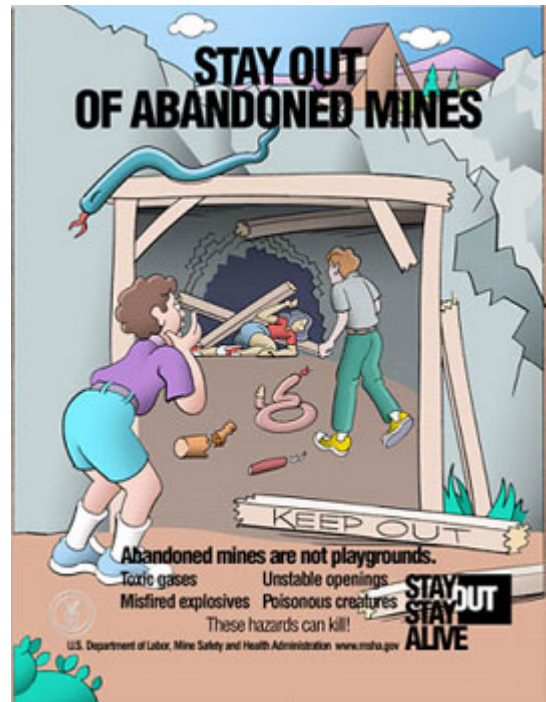
## The Second Annual Northern Nevada Mine Rescue Contest



The Second Annual Northern Nevada Mine Rescue Contest was held at the University of Reno's Fire Science Academy near Carlin, Nevada on April 21-22, 2006. Overall winner was Barrick Goldstrike and second was Newmont Carlin. Congratulations to all eight teams who participated in this highly successful contest.



Why we do what we do....



## 'STAY OUT STAY ALIVE' Campaign

This year the Boise field office inspectors contacted several agencies, schools, state welcome centers, and tourist attractions to provide information and materials about the hazards found in abandoned mines. This nationwide cooperative program, 'Stay Out Stay Alive' (SOSA) takes place each spring before schools let out for summer break.

In Idaho, the most interesting of the contacts are the mine tours in North Idaho. Although these tours attract tourists, they stay very busy by inviting grade school classes from the vicinity to tour the mines. The tour operators use information that MSHA provides through the 'Stay Out Stay Alive' campaign to discuss thoroughly with these grade school kids the hazards that may be found in abandoned mines.

Each year, as a courtesy to the tour and for the sake of accident prevention, the Boise inspectors conduct audits of these mines during the distribution of the SOSA material. This provides an invaluable resource to help these tour mines stay safe for the 5,000 students and tourists that visit each year.

# Spring Thaw Updates

## Kent's Spring Thaw a Success



Bob Montoya, EFS, doing electrical presentation

The annual Spring Thaw for Washington was again well attended. Some 60 persons attended from various mining companies. The feedback from the presentations was very positive. We would like to thank all the presenters who gave their time and effort to share their safety programs with us all. They are as follows:

Bruce Chatten, Washington Aggregates and Concrete Association (WACA)  
Leanne Gauthier & Tom Crowninshield, LaFarge North America  
Art Dubon, Rinker Materials  
Jerry Brown, Ashgrove Cement  
Robert Montoya & Keith Palmer, Educational Field Services (MSHA)

The Kent Field Office recently received a rousing letter of commendation from WACA, complimenting the MSHA personnel from the Kent field office for their professional demeanor and dedication for making mining a safer work environment. WACA sent this letter directly to the Acting Assistant Secretary of Labor, David Dye.

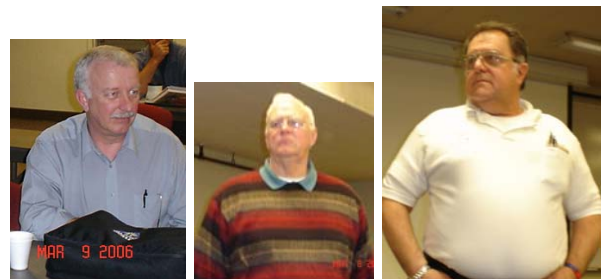
***Congratulations!***

## Boise Spring Thaw Draws Crowd

This year's spring thaw was held at the Associated General Contractors (AGC) building in downtown Boise. The AGC was very generous to MSHA/industry and donated their facilities and all you could drink coffee for the meeting. The event was a great success; it was stated to be one of the largest ever held in Idaho. The feedback on all subjects was positive, including this statement, "The best Spring Thaw I have ever attended." The success was due to the combined efforts of industry and MSHA personnel alike.

The following subjects were covered and the presenter of each topic is included. NSSGA member Jerry Long, Idaho Concrete, opened the Thaw with a briefing entitled "Alliance with MSHA." Other agenda items were: Seat Belt Safety, given by Greg Farrell, Safety Consultant; Equipment & Workplace Examination by Caruso J. "Joe" Bongiovi, Fire Safety of Idaho; Rigging by Mark Wager, Training Director, Western States Operating Engineers; High-wall Safety by Ed Sinner, Eastern Oregon University; Electrical Demonstrations by Bob Montoya, Educational Field Service, MSHA; Power Haulage by Mike Weaver, Idaho Geological Survey; and Guarding/Risk Assessment, Task Analysis by Ron Jacobsen, Boise FO Supervisor, MSHA.

Thanks to Dave Benjamin, Joel Dozier, Ken Poulson, Tom Usselman, and John Kathmann for all of the behind-the-scenes work they did; without them this would not have been as big of a success as it was.





## **Wellness News**

### *STAY -YOUNG STRATEGIES:*

The United States is on the brink of a longevity revolution. By the year 2030, one in five Americans, or about 70 million people, will be age 65 or older. "Humans have always been searching for that elusive fountain of youth," says Cheryl L. Phillips, M.D., medical director of chronic care and senior services for Sutter Health and a member of Sutter Medical Group. "Although we may not be able to live forever, there are several steps you can take now to live better longer." Dr. Phillips suggests the following tips.

**Maintain a healthy weight.** Obesity is a precursor to many deadly conditions, including heart disease. Exercising regularly and eating plenty of fruits and vegetables can keep your weight in check and your health on track.

**Don't smoke.** No "butts" about it. Quitting smoking reduces your risk for heart disease and lung cancer.

**Stay away from the dark side.** Over time, the collagen and elastin that keep your skin supple begin to break down, causing your skin to sag. Excessive sun tanning can accelerate these changes and cause others, such as liver spots, and wrinkles, making you appear older than you are. So wear sunscreen with a SPF of at least 15.

**Don't forget to drink.** Our bodies are estimated to be about 60 to 70 percent water. We need to drink water because water regulates body temperature, transports oxygen to our cells, removes waste, and protects our joints and organs.

**Adjust your attitude.** Emotional and mental health affects how you age. Constant stress, depression, social isolation and a negative attitude place you at a greater risk for disease and can make you age faster. Stay connected with other people and stay engaged in activities. This helps both your mind and body stay healthy and young.

## *FRUITS & VEGGIES PROTECT HEALTH*

Mom always told you to eat more fruits and vegetables. Here's one reason why you might want to follow her advice: Plant-based foods (fruits, vegetables, beans, whole grains and nuts) contain compounds called phytochemicals. These natural plant chemicals offer numerous benefits, including helping to fight or slow down the development of diseases such as cancer, heart disease, diabetes and high blood pressure. And since fruits and vegetables contain literally thousands of these compounds, it's essential that you eat a variety of produce to reap the benefits. Try thinking of your plate as a palette, and paint it with fruits and vegetables in a rainbow of colors, such as:

**Orange and deep yellow.** Sweet potatoes, carrots, apricots, winter squash, cantaloupes, and mangoes get their color from beta-carotene, a phytochemical that may help protect against heart disease and some cancers, and may help slow the aging process.

**Red.** Tomatoes, pink grapefruit and watermelon can also offer protection from some cancers, including prostate cancer, and may reduce the risk for heart disease.

**Dark green.** Kale, broccoli and Brussels sprouts supply phytochemicals that help maintain healthy vision.

**Purple, dark red and blue.** Eggplant, berries, beets, grapes, cherries and red-skinned potatoes contain phytochemicals that promote heart health by lowering LDL (the "bad" type) cholesterol. These same phytochemicals may also help prevent urinary tract infections.

Eating more fruits and vegetables doesn't have to be a difficult task. Get started by changing the proportion of food on your plate. Instead of having fruits and vegetables be just a dollop on the side, make them a major part of your meal.